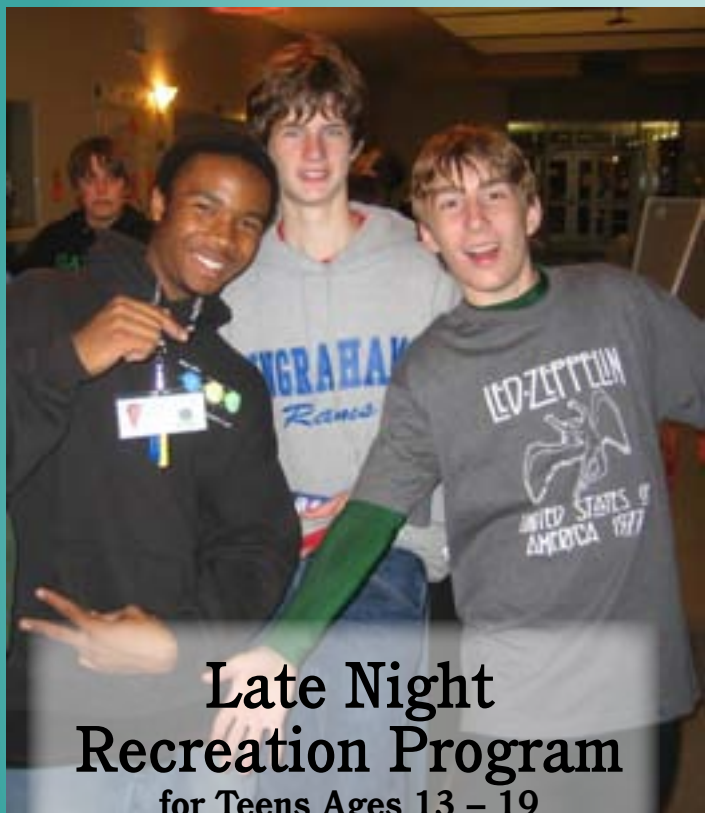




Bitter Lake

COMMUNITY CENTER



Late Night Recreation Program for Teens Ages 13 – 19

Friday & Saturday Nights 7p.m.–Midnight

Bitter Lake Annex at
Broadview Thomson Elementary School

Free!



Winter 2006



Visit us at <http://seattle.gov/parks/>

Bitter Lake Community Center
13035 Linden Ave N
Seattle, WA 98133-7560
206-684-7524

ECRWSS
Postal Customer

PRSTD STD
U. S. POSTAGE
PAID
SEATTLE, WA
PERMIT NO. 900

Bitter Lake Community Center

13035 Linden Avenue North

Seattle, WA 98133

Phone: 206-684-7524 Fax 206-684-0858

Visit us online at www.seattle.gov/parks!

Hours of operation

Monday & Tuesday 1 to 9 p.m.

Wednesday – Friday 11 a.m. to 9 p.m.

Saturday 10 a.m. to 5 p.m.

Sunday Closed

Program Registration

Registration begins December 12, 2005

Program Dates

January 1 through March 26

Holiday Closures

Sunday, January 1 and

Monday, January 2, New Year's Holiday

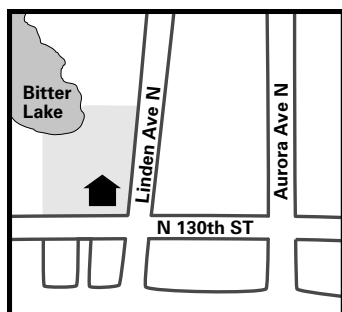
Monday, January 16,

Dr. Martin Luther King, Jr's Birthday

Monday, February 20, Presidents' Day

Directions

Bitter Lake Community Center is located on Linden Avenue N and N 130th Street



Heading North on I-5:

- Take the 130th Street exit (#174).
- Go straight through the stop sign.
- Turn left onto 130th Street
- Follow 130th St about 1 mile, past Aurora Ave N to Linden Ave N and turn right.
- You will see the community center on your left. Park on the street or in the lot to the north of the center.

Heading South on I-5:

- Take the 145th Street exit (#175)
- Turn right onto 145th Street at the stoplight.
- Follow 145th about 1 mile, past Aurora Ave N, and turn left onto Linden Ave N.
- The community center will be on your right at the corner of Linden Ave N and 130th Street N. Park in the lot to the north of the center or on the street.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Management Staff

Ken Bounds, Superintendent

Christopher Williams, Recreation Director

Maureen O'Neill, Manager

Tom Ostrom, Senior Coordinator

Center Staff

Barbara Wade, Center Coordinator

Faizah Osayande, Asst. Center Coordinator

Debi Belt, Maintenance Laborer

Erin Maurer, Teen Development Leader

Mputela Scott, Recreation Attendant

Kyle Griggs, Recreation Attendant

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Special Events

Spring Egg Hunt

It's time again for our annual egg hunt at Bitter Lake Community Center! This fun youth event is for children ages 2-10. There will be separate hunting areas for different age groups. Everyone should meet at the Bitter Lake Annex (Gym at Broadview Thomson Elementary School) and the hunt will begin at 10 a.m. Please bring a basket to gather your candy and eggs and a can of food for the local food bank!

Age: 2 to 10

10 a.m. Sat, Apr 15

Fees: Free!

Location: Bitter Lake Annex

Teen Flashlight Egg Hunt

This fun event will get you in the mood for Spring! Dress warmly and bring a flashlight and a goody bag. Hunt for tons of candy and cool prizes. Meet at the new center at 7:15 p.m. Don't be late – the hunt begins sharply at 7:30 p.m.! Please bring a can of food for the local food bank.

Age: 11 to 16

7:30 p.m. Fri, Apr 14

Fees: Free!

Toddler Spring Fling

Join us for our regular Toddler Open Gym, only super-sized! We will have the giant jump toy, games and prizes, crafts, popcorn, candy and more!

**11 a.m. – 12:30 p.m.
Apr 12**

Fees: \$2.00



Community Pancake Breakfast

Join your friends and neighbors for Bitter Lake Community Center's 5th Annual Community Pancake Breakfast! Bring the whole family and enjoy all-you-can-eat pancakes, plus scrambled eggs, sausage, juice and coffee! All proceeds from this event will benefit the Bitter Lake Shoreline Improvements Project (see page 4). Make this a fun family tradition! Adults – \$4. Youth & Seniors – \$3. Kids under 4 – Free!

Sun, Feb 26 9 a.m. – Noon



Special Events

Disaster Education Workshop

Disasters can range from a single-family house fire to a major earthquake, flood or tsunami. Are you prepared? Come to this free workshop put on by the American Red Cross and find out what you can do to get your family ready.

10 a.m. – Noon Sat., Mar 11 Fees: Free

Bitter Lake Park & Shoreline Improvements Project

Have you noticed work being done in Bitter Lake Park and to the South shore of Bitter Lake?

Seattle Parks and Recreation, the Bitter Lake Advisory Council, the Seattle Lakes Alliance, and King County are working together to do some improvements to the park and lake. The project will need volunteer help this Spring



and Summer. Come and learn more about the project and what you can do to get involved!

Saturday 2 – 4 p.m. Jan 7

Monday Movies & Munchies!

Didn't get enough fun over the weekend? Join us on Mondays for fun movies and THEME SNACKS! If you want to help make the snacks, show up early in the kitchen! No movies on Martin Luther King Day and President's Day.

Mondays 6:30 – 9 p.m. Fees: \$2.00 per person (includes snack!)

E.T.	Jan 9
Wizard of Oz	Jan 23
Snow White	Jan 30
Charlie & the Chocolate Factory (New)	Feb 6
James & the Giant Peach	Feb 13
Big	Feb 20
Pinocchio	Feb 27
Who Framed Roger Rabbit?	Mar 6
The Lion King	Mar 27

Big Games at Bitter Lake

Don't want to go to a bar to watch the NCAA Championship? It's just not the same at home by yourself. Join us! When the center is open for business, we'll have the big games on TV!

Fees: Free!



Special Events



Friday Family Skate Night!

Bring your family for a night of skating fun! Games, prizes, music, plus a whole lot of fun! Bring your own skates/blades or use a pair of ours. The snack bar will be open and sells candy, chips, juice, and more. Our party room is also available to rent for your own special events, please call 206-684-7524!

Fridays **6:30 – 8:15 p.m.** **Jan 13 – Mar 24**

Fees: \$3.00 per person

Location: The Annex

Volunteer Opportunities



Volunteer Spotlight

Julie Morse has been President of the Bitter Lake Advisory Council for several years. She volunteers her time for council meetings, special events and for other efforts involving Bitter Lake Community Center and Helene Madison Pool. Julie also serves on the ARC (Associated Recreation Council) Board of Directors. Thanks for all your great work on behalf of our community, Julie!

SPRING VOLUNTEER OPPORTUNITIES

Bitter Lake Advisory Council
Bitter Lake Teen Advisory Council
Earth Day Neighborhood Clean Up
T-ball/Softball Coach
Teen Program Instructors
Spring Egg Hunt
Teen Flashlight Egg Hunt

Contact us at 684-7524 or
barb.wade@seattle.gov for more
information!



Toddlers

Discovery Corner Preschool

Join the fun, make new friends and get ready for kindergarten too! Your child will learn the alphabet and numbers in a creative, loving & positive environment. Activities include arts and crafts, science, music and gym and outdoor play. A mid-morning snack is provided by parents. Children must have independent toileting skills.

Discovery Corner AM

Instructor: Rebecca Moore

Age: Age 3 to 5

MWF 9:30 a.m. – 12:30 p.m. Jan 4 – Mar 31

Fees: \$150.00 /month

Discovery Corner PM

MWF 1 – 4 p.m. Jan 4 – Mar 31

Fees: \$150.00 /month

Discovery Corner JR Preschool

This class is the perfect early learning and socialization class for your toddler; arts and crafts, stories, gym play, sharing, and more in a positive, creative, nurturing environment. A small snack is provided. Instructor is not required to change diapers. Space is limited!

Age: 2 1/2 to 3 1/2

Tue/Thu 9:30 a.m. – Noon Jan 9 – Mar 24

Fees: \$95.00 /month

Crafty Thursdays

Come and join the Bitter Lake Crafty Kid Club. Kids will learn how to make crafts such as ginger bread houses, corkboard frames, sand art sculptures, and many more fun activities.

Quirky Corkboards Jan 12

Stellar Stepping Stones Jan 19

Fortune Cookie Valentines Feb 9

Sand Art Sculptures Feb 16

Wooden Race Car Mar 9

Treasure Chest Mar 16

Terracotta Planters Mar 30

Instructor: Rebecca Moore

Age: 2 to 7

Thursdays 3:30 – 4:30 p.m. Jan 12 – Mar 30

Location: Art Room Fees: \$7



Parents' Night Out

It's your turn to take time off for yourself and go out for a night. Bring your child to the center for a fun night of activities and you can go out for dinner, a movie, or both!! Please pre-register by the Wednesday before the date. (Minimum of 8)

Parents, you make time for yourselves – we'll make time for fun and games with the kids!

Instructor: Becca Moore

Fees: \$12.00 per child

Fri, Jan 6 6 – 9 p.m.

Fri, Jan 27 6 – 9 p.m.

Fri, Feb 3 6 – 9 p.m.

Fri, Feb 24 6 – 9 p.m.

Toddler

Just Starting Sports

This class for ages 3-6 will introduce your child to the basics of sports. In this intro to sports class, the participants will get comfortable with their body movement and handling of sports equipment at the same time. Skill building and enjoyment are the emphasis of this class for first timers.

Session I

Instructor: TBA

Age: 3 to 6

Tuesdays 1:15 – 2 p.m. Jan 10 – Feb 7

Fees: \$25.00

Session II

Tuesdays 1:15 – 2 p.m. Feb 14 – Mar 14

Fees: \$25.00



Brain Play

Activities, play, and discussions on different areas of development. Discover what activities and toys best support your child's brain in making essential connections. This program is free; however, donations for materials are appreciated. This great program is offered in partnership with the North Seattle Family Center.

Age: Parents & children birth to 3 years

Wednesdays 10 a.m. – Noon Jan 9 – Mar 24

Fees: Donations Appreciated

Toddler Open Gym

There are tons of toys and equipment to play with that are safe and lots of fun! Bring your children to play and make friends! Please pay the entrance fee at the front counter.

Fees: \$1.00

Mondays 1 – 2:30 p.m.

Wednesdays 11 a.m. – 12:30 p.m.

Fridays 11 a.m. – 12:30 p.m.



Kids

BIG BLAST – School Year Childcare Program

This DSHS-licensed child care serves youth in Kindergarten through fifth grade. A variety of activities is available to satisfy various interests and age groups. The activities include art and cooking projects, gym games, outside play, and much more. A light snack is provided. Fees are monthly. Call 206-684-7524 to ask about openings.

Year Round Director,
Zach Wilson

Explanation of Fees — The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December). We offer a second child discount of \$10 per month per child for each program.

Instructor: Zach Wilson, Director

Before School

Age: Kindergarten to 5th grade

Mon–Fri 7–9:00 a.m.

5 days/wk \$150

4 days/wk \$145

3 days/wk \$110

2 days/wk \$75

1 days/wk \$40

After School

Age: Kindergarten to 5th grade

Mon–Fri 3:10–6:00 p.m.

5 days/wk \$230

4 days/wk \$220

3 days/wk \$165

2 days/wk \$110

1 days/wk \$ 40



Piano Lessons

Private lessons in 30 minute blocks for beginning or continuing students. Homework will be assigned, so access to a piano or keyboard is essential. Call 684-7524 to arrange a time. There will be a recital at the end of the quarter.

Session I

Instructor: Sean Barker, Kevin Johnson or Maria Khavin

Jan 9 – Feb 17

Fees: \$120.00 (6 weeks)

Session II

Feb 27 – Apr 7

Fees: \$120.00 (6 weeks)

Roller Skating Lessons

Beginning and intermediate roller skaters and bladers, this is your chance to learn how to skate, or to improve your skills. After your lesson, you can practice your new skills during family skate night every Friday night!

Instructor: Donna Ely

Session 1

Fridays 5:15 – 6:15 p.m. Jan 13 – Feb 10

Fees: \$25.00 per session

Location: Annex

Session 2

Fridays 5:15 – 6:15 p.m. Feb 17 – Mar 17

Fees: \$25.00 per session

Creative Writing for Kids!

Does your child enjoy writing? This class is for kids, ages 10-15, who are interested in writing stories about their experiences, happy or sad, traumatic or inspiring. Students will have hands-on writing assignments, in-class lecture and discussion, practical exercises and one-on-one feedback on their writing.

Instructor: Nu Quang

Saturdays 10 a.m. – Noon Jan 14 – Mar 4

Fees: \$60.00

Advanced Gymnastics

Have you taken gymnastics before? Love it and want to get better? You must have experience for this advanced gymnastics class.

Instructor: Narda Elaine Curlee

Age: 7 to 12

Thursdays 4:30 – 5:45 p.m. Jan 12 – Mar 16

Fees: \$70.00



Beginning Drama/Acting

Learning acting skills, such as stage presence, poise, impromptu, in this class that is sure to make a star out of everyone. If you like being in front of other people and showing your stuff, this class is perfect.

Mondays 4:30 – 5:30 p.m. Jan 9 – Mar 13

Fees: \$70.00

Dance/ Gymnastics

Does your child like variety? This is the perfect class-it offers a bit of everything! Join other kids as they get a taste of tap dance, ballet and tumbling.

Age: 4 to 6

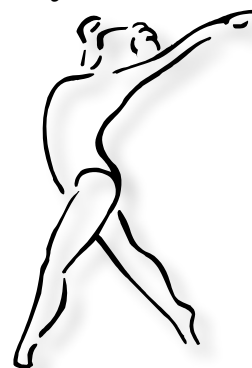
Tuesdays 4:10 – 5 p.m. Jan 10 – Mar 14

Fees: \$70.00

Age: 7 to 10

Tuesdays 5:10 – 6 p.m. Jan 10 – Mar 14

Fees: \$70.00



Ballet Lyrical/Jazz

Strong technique and Lyrical movements. Routines will be learned and performance opportunities will be offered. Dance attire required.

Age: Adults/Teens

Mondays 6 – 6:45 p.m. Jan 9 – Mar 24

Fees: \$60.00

Kids



Spring Sports

Registration begins March 13, 2006

Practice days and times are determined by the availability of volunteer coach for each sport.

T-Ball, Coach Pitch, and Girls Softball games are on Saturday mornings and afternoons.

Track practices and meets will be weekday evenings. We are looking for volunteer coaches to help in our youth sports programs. If you are interested please call 206-684-7524 for more information.

T-Ball

This introduction to sports focuses on skill development and a fun experience. Teams play against other Bitter Lake teams and other community centers. All practices and games will be held at Bitter Lake fields.

Age: 5 to 7

Apr 10 – Jun 23

Fees: \$35.00

Coach Pitch Softball

Join this fun program geared towards skill building and teamwork. Teams play other Bitter Lake teams and other community centers.

Age: 8 to 9

Apr 9 – Jun 23

Fees: \$35.00

Girls Softball

Age groups are 10-11, 12-13, and 14-17. Teams play other community center teams. Player need a copy of birth certificate at time of registration

Age: 10 to 17

April 22 – June 17

Fees: \$35.00

Track and Field

Develop and improve your running, jumping, endurance, and track skills. Compete against other community centers. Meets are at Nathan Hale and West Seattle Stadium.

Age: 7 to 17

April 24 – June 2

Fees: \$35.00

Teens

Teen Advisory Council

The Bitter Lake Teen Advisory Council (TAC) is the connection to all your Community Service hour needs. You can have a say in the classes and programs we offer at the Community Center. TAC members will learn to organize, promote, and put on all types of events as well as learn techniques in public speaking, personal economics, communication skills, teamwork and influencing others. Dinner provided.

Wednesdays 5 – 7 p.m. Jan 4 – Mar 29

Fees: Free

Late Night for Teens!

Oh Yeah! The freedom to hang with your friends, roller-skate, swim, shoot some hoop or watch a movie. It's your weekend, let's start it off right. In North Seattle, Late Night is offered on Friday and Saturday nights at Bitter Lake and Meadowbrook Community Centers. Late Night is for teens ages 13-19 years old!

Fri, Sat 7 – midnight Jan 6 – Mar 31

Fees: Free!

Bitter Lake Community Center

1st Friday – Roller-skating

2nd Friday – 3 on 3 Tournament

3rd Friday – BBQ & a Movie

4th Friday – Teen Swim at Madison Pool (8:30-9:30 p.m.)

Location: Annex at Broadview Thomson Elementary School

Meadowbrook Teen Life Center

Friday Nights – Middle School Only

1st Friday – Music Studio

2nd Friday – Culinary Arts

3rd Friday – Teen Swim at Meadowbrook Pool (Middle/High School)

4th Friday – Pizza & a Movie

Saturday Nights – High School Only

1st Saturday – Culinary Arts

2nd Saturday – Pizza & a Movie

3rd Saturday – Pool Saturday

4th Saturday – Special Event/Field Trip

Location: 10750 30 Ave NE

Bitter Lake Theatre Teen Style

It's movie matinee time on Fridays after school in the teen room. Join other teens as we watch a new release movie every week. You can vote on the movie we will watch the following week. Pop-corn provided.

Fridays 3:30 – 7:30 p.m. Jan 6 – Feb 24

Fees: Free

Teen Open Mic Night

Calling all poets, rappers, dancers, and artists! Come to Bitter Lake's Late Night open mic night. This is a place for teens to share their talents. This event will be held during teen Late Night at our annex location:

13040 Greenwood Ave North

Saturday February 25th 8:00pm-10:00pm

Sign-ups start at 7:45pm

(ten minute time slots, more if needed)

Hip Hop Break Dancing Class

Come express yourself through break dancing. Learn some cool new dance moves. This class is for beginner & intermediate levels. Drop-in okay.

Wednesdays 7 – 8 p.m. Jan 4 – Mar 28

Fees: Free



Teens

Hip Hop From the Top

Have you ever wanted to write your own raps or spoken word pieces or learn how to freestyle and beat box? At "Hip Hop From the Top" you'll get the chance to do all of these things. Come, have fun, and express yourself through Hip Hop!

No experience needed. Drop-in okay.

Tuesdays 7 – 8 p.m. Jan 31 – Feb 28

Fees: Free

No class February 14

Tournament of Champions

Come to the Bitter Lake game room and show us what you're made of. Every week we will have a tournament for a different game (ping-pong, pool, foosball, & darts).

Small prize for winner. It is the 2 & 4th Thursdays of the month. The dates:

January 12 & 26th

February 9 (no meeting 23rd)

March 9 & 23rd

Tournaments start at 3:30 pm.

Thursdays 3:30 – 6:30 p.m. Jan 12 – Mar 23

Fees: Free

No meeting on February 23

Teen Open Gym

Come down to Bitter Lake and shoot some hoop and play dodge ball.

Mondays 2:30-5 p.m.

Tuesdays 2:30-5 p.m.

Wednesdays- Dodge Ball 3:30-5 p.m.

Thursdays 2:30-5 p.m.

Fridays 2:30-5 p.m.

Jan 9 – Mar 31

Volunteer Group

If you need service hours or you just want to volunteer at the community center then join the volunteer group on the 1 & 3rd Thursdays of the month. You can sign up for regular weekly service hours and also help design a service project.

1st & 3rd Thursdays of the month at 3:30 p.m.

The dates:

January 5 & 19th

February 2 & 16th

March 2 & 16th

Teens Winter Trips and Events!

Join us this Winter for one or all of these awesome trips and events! Please call to preregister. All trips require a yellow participation form on file.

The New Seattle Premium Outlets Shopping Trip

Finish your last minute shopping with the teen program.

Tuesday Dec 20 11 a.m. – 3 p.m.

Fees: Free

Halo Tournament

Are you a gamer? Well Grab your controller and come down to Bitter Lake CC over winter break and join in our first Halo 2 tournament. Due to the mature rating of the game, all participants under the age of 18 must have a signed permission slip to play or watch.

Thursday Dec 22 Noon – 5 p.m.

Fees: free

Steven Pass Snow boarding/ Skiing Trip

We're heading to the mountains for some cold outdoor fun! Let's go hit the slopes and ride the powder up at Stevens Pass. Pre-registration is required.



Thursday Dec 29 7:30 a.m. – 6 p.m.

Fees: Lift ticket, rental, & instruction:\$73.00.

Rental, & lift ticket:\$55.00. Lift ticket only:\$40.00

Gene Juarez Up-do

Come and get a free udo or hair cut with the teen program at Gene Juarez.

February 8 1:15p.m. (school early release day)

Fees: Free

Adults

Massage Classes

Have you always wanted to learn more about massage? Here's your chance!

Introduction to Massage

Learn the basics in this great introduction to massage. Class meets two sessions.

Saturdays 10 a.m. – Noon Jan 14 – Jan 21

Fees: \$30.00

Aromatherapy & Massage

Learn how scents effect us every day and how we can use this to our advantage. This class will teach you how to use essential oils, blend them, and more.

Sat, Feb 4 10 a.m. – Noon

Fees: \$20

Massage for Couples

Become closer with the power of touch. Just in time for Valentine's Day!

Sat, Feb 11 10 a.m. – Noon

Fees: \$20

Infant Massage

Learn how to massage your infant for general wellness and for specific medical conditions.

Feb 18 – Feb 25

Fees: \$30.00

Stress Management

Life can be stressful. This workshop will help you identify stressors in your life and give you tools for dealing with and avoiding stress.

Date: March 4

Time: 10am-noon

Fees: \$20.00

Instructor: Brandi Aubrey, LMP, NCTMB, CSMS



Jazz/Hip Hop Dance

Learn the newest dance moves. This class is great exercise – plus, you might pick up a move or two!

Instructor: Devon Little

Saturdays 10:30 – 11:30 a.m. Jan 14 – Mar 18

Fees: \$50.00

Complete Workouts in the Morning

Get the kids off to school and meet us for a morning workout. These classes are always different so you'll stay challenged and motivated. Your instructor blends a variety of movements to provide cardiovascular exercise as well as strength training.

Tue/Thu 8:30 – 9:30 a.m.

Fees: \$65 per session

Session 1: Jan 10 – February 16

Session 2: February 21 – March 30

Triathlon Readiness

This class is for adults who have never participated in a triathlon and for those who have and want to get better and faster! Classes integrate core, strength and cardio workouts. At the end of each four week session, you'll also better understand what's involved with competing in a triathlon, including appropriate gear, training schedules, etc.

Fees: \$40.00

Session 1

Fridays 9:30 – 10:30 a.m. Jan 13 – Feb 3

Session 2

Fridays Feb 10 – Mar 3

Adults

Jazzercise

The world's largest dance fitness program combines total body conditioning, the benefits of aerobics with the fun of dance. Each class is one hour long and includes: warm-up, aerobics, toning, strengthening, and cool down. This is a paid advertisement. This class is not operated by the Bitter Lake Advisory Council.

Instructor: Kathy Batson and Sandy Ziegler

Fees: \$7.00 \$30 for 5 classes (new student special) *monthly passes available*

MWF 9:30 – 10:30 a.m. Jan 9 – Mar 24

Tue/Thu 6:30 – 7:30 p.m. Jan 9 – Mar 24

Saturdays 9 – 10 a.m. Jan 9 – Mar 24

Yoga

Would you like to learn the basics of yoga? Are you looking to take some time away from your busy life? Sign up for Adult Yoga. Not only will you be able to relax and learn something new, but you will also get into great shape in the process!

One Day per Week

Wed 5:30 – 6:30 p.m. Jan 11 – Mar 8

Fees: \$45

One Day per Week

Saturdays 10:30 – 11:30 a.m. Jan 14 – Mar 18

Fees: \$55.00

Cooking Classes

Brazilian Cooking

Join your instructor, Rosangel Seppala, who is from Brazil as she teaches you to cook authentic Brazilian food. This class meets for two sessions.

Instructor: Rosangela Seppala

Thursdays 6 – 8 p.m. Jan 19 – Jan 26

Fees: \$25.00

Greek Cooking

Rosangel Seppala teaches you how to make wonderful food from Greece. Wow your friends! This class meets for two sessions.

Thursdays 6 – 8 p.m. Feb 2 – Feb 9

Fees: \$25.00



Carribean Cooking

Learn how to prepare dishes from different exotic Carribean locations. This class meets for two sessions.

Thursdays 6 – 8 p.m. Feb 16 – Feb 23

Fees: \$25.00

North Indian Cooking

Learn to cook healthy vegetarian ethnic Indian dishes. Share your instructor's knowledge of family cooking secrets passed down from generation to generation in her homeland, India. This class meets for four weeks.

Instructor: S. Pyari

Mondays 6:30 – 8:30 p.m. Feb 27 – Mar 20

Fees: \$50.00

Thai Cooking

Everybody loves Thai food! Now you can learn how to prepare it yourself. This class meets for two sessions.

Instructor: Rosangela Seppala

Thursdays 6 – 8 p.m. Mar 2 – Mar 9

Fees: \$25.00

Improv Theatre and Movement

Do you like to have fun? Want to become more spontaneous? This great class will blend both improvisational drama and movement.

Instructor: Devon Little

Saturdays 11:45 a.m. – 12:45 p.m.

Jan 14 – Mar 18

Fees: \$50.00

Adults

Fly Anglers Rod Building

The course will focus on building graphite fly rods under the supervision of experienced rod builders. Students should bring their own supplies; rod blanks, reel seats. Construction tools will be furnished. The class is taught by the Northwest Fly Anglers Association.

Thursdays 7 – 9 p.m. Feb 1 – Feb 22

Fees: \$30.00

Fly Tying Roundtable

The Northwest Fly Anglers has organized a fly tying roundtable. The round table is designed for all levels of fly tying where beginners can learn from experts and experts can share their tricks and ideas. While there is a theme for each session, the goal is to socialize and tie flies. Some materials will be furnished but tyers should bring their own tools and thread.

Wednesdays 7 – 9 p.m. Mar 1 – Mar 29

Fees: \$35.00

Creative Writing for Adults!

Are you creative? Do you like to write? This class is for teens and adults, ages 16 and up, who are interested in writing stories about their experiences, happy or sad, traumatic or inspiring. Students will have hands-on writing assignments, in-class lecture and discussion, practical exercises and one-on-one feedback on their writing.

Mondays 7 – 9 p.m. Jan 9 – Feb 27

Fees: \$60.00



English as a Second Language

This is a conversational class designed to help beginning and intermediate ESL (English as a Second Language) learners adapt to their new culture while improving their English skills at the same time. This program is offered in partnership with The Literacy Council of Seattle and North Seattle Community College.

M – F 9:30 – 11:30 p.m. Jan 9 – Mar 24

M – F 1:00 – 2:30 p.m. Jan 9 – Mar 24

Fees: Free!



Adults



Men's Basketball League

Hoop it up! Guys, get your team together and play at the Bitter Lake Annex on Sunday afternoons! Call 684-7524 for more information.

Age: 18 years and up

Sundays Jan 15 – Mar 19

Fees: Depends on the number of teams

Location: Annex

Adult Drop-In Basketball

During Winter quarter, gym time for adults is limited due to our large youth basketball program. We are happy to provide you with the following schedule:

Tuesdays – 7:00-9:00 p.m.

Schedule subject to change. \$2.00 adult drop-in fee applies.



Karate-Butokukan

Improve your body and mind through techniques followed in this ancient martial art form. Learn basic strikes, kicks, blocks, and stances. Participants test for the belt rank at their own pace.

Beginners

Instructor: Roy Hoard

Age: Ages 7 and up

Mon/Wed 7 – 8 p.m. Jan 9 – Mar 15

Fees: \$55.00

Advanced

Mon/Wed 7:30 – 9 p.m. Jan 9 – Mar 15

Fees: \$55.00

Advanced

Age: Ages 16 and up

Saturdays 10 a.m. – Noon Jan 14 – Mar 18

Fees: \$30.00

Hapkido

Hapkido is a Korean martial art. Hap translates as harmony, Ki is intrinsic energy, and Do means “way”. It is an integrated art of kicking, striking, patterns (series of arranged moves), and throws. Weapons included. Hapkido is an excellent art for self-defense while focused on physical and mental health while being in harmony with one's environment. Tenets, such as courtesy, patience, and right behavior, are practiced by the students and instructors.

Instructor: Susan Mix

MWTh 4:15 – 5:45 p.m. Jan 9 – Mar 23

Fees: \$99.00

Tue/Thu 6:30 – 8:30 p.m. Jan 10 – Mar 23

Fees: \$75.00



Adults



Kendo

Kendo is a co-ed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use bamboo swords and full protective body armor. Participants must purchase a bokken (bamboo sword) either before or at first class.

Age: Adult

Thursdays 7:40 – 9 p.m. Jan 9 – Mar 24

Fees: \$55.00

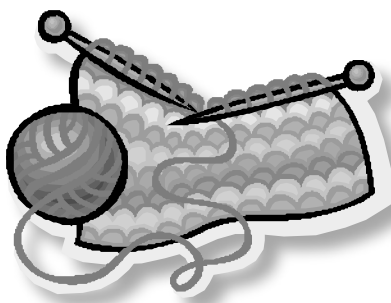
Senior Adults

Senior Dance

Step out to the sound of our band, the Peptones, at our weekly Senior Adult dance! Enjoy good friends, refreshments, fun weekly themes – and of course, DANCING! Lucille Getchell is your lovely hostess who puts on a fabulous dance!

Thursdays 1 – 3 p.m. Jan 9 – Mar 24

Fees: \$3.50



The Needlers

Join this group of needle-working seniors and work on a project of your own. It's a time to talk and share each other's company. The group meets every second and fourth Tuesday of the month.

Drop in, it's free!

Second and fourth Tuesday of the month.

**Tue/Thu
Fees: Free**

Noon – 3 p.m. Jan 9 – Mar 24

Senior Adults

Northwest Senior Adult Registration Information: Classes/Special Events

Northwest Sector Recreation Specialist
206-233-7138

Winter Quarter Dates: January 1 through
 March 26

No classes: January 1, 2, 16, February 20

Make-ups: We encourage you to make
 up cancelled classes at any other site
 in the city. Please inform the instructor
 that you're making up the class.

Class Registrations: Begin **September
 20**. Class times/dates/instructors are
 subject to change. Events with phone-in
 only registration are marked accordingly.

Please make checks payable to
Senior Adult Advisory Council ("SAAC")

Mail payments to: Senior Adult
 Programs, Attn: Northwest Sector,
 8061 Densmore Ave N, Seattle, WA
 98103-4436.

Winter Planning Meeting

Your input is desired to provide the best activities
 possible for your enjoyment. Please bring ideas,
 newspaper clippings, suggestions for classes,
 workshops, trips and general program offerings.

Thu, Jan 12 **11 a.m. – Midnight**
Fees: Free

Body Conditioning

This class is perfect for all fitness levels. Gain
 strength and greater flexibility. Look and feel bet-
 ter. Use dynabands/free weights/balls for strength
 conditioning.

Age: 55+
Tuesdays **10:50 – 11:50 a.m.**
Fees: \$25.00
Location: Bitter Lake CC

Lifetime Fitness

Aerobic fitness designed for seniors; includes
 standards for measured progress.

Tuesdays **Noon – 1 p.m.**

Fees: \$20.00 1 day – week

Thursdays **1 – 2 p.m.**

Fees: \$20.00 1 day – week

Senior Aerobics

Join a friendly, low impact aerobics class. Body
 strengthening and stretching taught by certified
 instructor.

Thu **9 – 10 a.m.**

Fees: \$20.00

The Alexander Technique

Learn how to move efficiently, safely, in all fit-
 ness activities. For balance issues — you learn
 techniques to be in charge of maintaining your
 balance — walking, climbing stairs, etc. Helps all
 activities, e.g. playing musical instruments, using
 computer, driving. You will learn How-To-Do what
 you do. Reduce fatigue, increase your efficiency.

Wednesdays **1 – 2 p.m.**

Fees: \$20.00

Location: Bitter Lake CC

Pickleball

Learn this fun game that is played indoors and is
 a cross between tennis and ping pong. All equip-
 ment provided!

Tuesdays **10:30 a.m. – 12:30 p.m.**

Fees: \$1.00 drop – in (\$2.00 if under age 55)

Fridays **12:30 – 2:30 p.m.**

Fees: \$1.00 drop – in (\$2.00 if under age 55)

*For more information on these and other
 Senior Adult programs, please call
 206-684-4951 and request a copy of
 our latest brochure.*

Senior Adults

Volunteer Opportunities

Simple, one-hour, non-strenuous work and socializing. Bring a sack lunch; we provide drinks and treat. Name the park with which you'd like to assist. Van pick-up from Ballard Community Center.

Carkeek Park

To register, please call 206-233-7138 after 8 a.m. December 21.

Tue, Feb 14 10:15 a.m. – 1 p.m.
Fees: Free

Atlantic Street Nursery

To register, please call 206-233-7138 after 8 a.m. December 12.

Tue, Mar 14 10:15 a.m. – 1 p.m.
Fees: Free

Intermediate Bridge Instruction

In-depth lecture on strategy. Optional playing time after. A CBL accredited Instructor, Marilyn Shelton.

Age: 55+
Mondays 10:30 a.m. – 12:30 p.m.
Fees: \$30.00
Location: Bitter Lake CC

Open Bridge

Have a great time! Party bridge managed by Marsha (206) 362-5571. Bring a friend and call to reserve a seat, pre-registration required.

Thursdays 2 – 5:30 p.m.
Fees: Free Bring donations for coffee

Cooking

Join Roseangela in the kitchen to create wonderful recipes that you won't forget. The best part, you get to enjoy your creations for lunch. Each class fee is \$12. Please pre-register at (206) 233-7138. Hurry--space is limited.

SOUPS!

Learn to prepare creamy soups that are quick and simple to get you through the cold months of winter. You will also learn how to make those creamy soups creamy in a healthy way!

Tue, Jan 24 10 a.m. – Noon
Fees: \$12.00

Rice & Risotto Festival

Learn the Italian way to make rice that will wow your taste buds.

Tue, Feb 21 10 a.m. – Noon
Fees: \$12.00

Chicken Every Way

Learn to turn everyday chicken into something special, not to mention healthy and delicious.

Tue, Mar 7 10 a.m. – Noon
Fees: \$12.00

Lunch Club

Explore the hottest local foods with fun people. Register December 13 at 8:00 a.m. to reserve your seat (206) 233-7138. There is an automatic 17–20% gratuity on your table's tab. **Meet at Ballard CC.** at 11 a.m. Each trip is \$3 paid in advance.

94 Stewart

11 a.m. Tue, Jan 17
Fees: \$3.00

Ivar's Salmon House

11 a.m. Thu, Feb 16
Fees: \$3.00

Goldberg's New York Delicatessen

11 a.m. Thu, Mar 9
Fees: \$3.00

Special Events

Identity Theft Seminar

Are you concerned with Identity Theft? Join Becky Pugliese as she tells you exactly what identity theft is, how criminals get your information, what they can do with it. You will also learn how to lessen your risk of exposure to these criminals, and what to do if it does happen to you.

1 – 2:30 p.m. Fri, Mar 10
Fees: Free

Senior Adults

St. Patrick's Day Potluck

Bring your favorite dish to share, I will provide the drinks and dessert, and watch the children of the Tara Academy dance their jigs and reels. Please register at least 2 weeks in advance with the dish you will be sharing.

Fri, Mar 17 11 a.m. – 1 p.m.

Fees: Free

Hikes and Walks

Nature Walks and Hikes

Enjoy forests, streams, and more. Walk at your own pace for up to 1 1/2 hours. To register, call December 19 at 8:00 a.m. Wear all terrain shoes. Rain or shine. Lunch on your own, **pick up is Ballard CC.**

Red Town Trail Hike

Gentle to steep grades on trails. This trail has many routes to offer for speedy and slower hikers to enjoy. Lunch on your own in Factoria.

Wed, Jan 11

10 a.m. – 2 p.m.

Fees: \$5.50



Washington Park Arboretum Walk

The arboretum has much to offer for a winter walk. Enjoy an array of colors, foliage, and winter berries. You can enjoy a shorter walk on the waterfront, or head up Azalea way for a longer walk. Lunch on your own in Madison Park.

Wed, Feb 15

10 a.m. – 2 p.m.

Fees: \$5.50

Kelsey Creek Park Walk

Gentle to steep at times. Kelsey Creek will take you by surprise as you walk through open meadows with fenced pastures. It once was a farm in the early 1900's. Lunch on your own in Bellevue.

Wed, Mar 15

10 a.m. – 2 p.m.

Fees: \$5.50

Trip Registration Information

Trip Registration: Call (206) 233-7138 at 8 a.m. on the dates listed under each trip. You may sign up yourself and one other person. When you call, leave your name, phone number, name of trip and pick-up site. You'll be called back **ONLY** if on the wait list.

Payment must be received five working days prior to trip or be subject to cancellation. **All Checks should be mailed to: SAAC, Senior Programs, Attn: NW Sector, 8061 Densmore Avenue N, Seattle, WA 98103**

PICK-UP SITES:

(Please park your car on the road)

Ballard CC 6020 28 Avenue NW

Bitter Lake CC 13035 Linden Avenue N.

Loyal Heights 2101 NW 77

South Bound Trips: Bitter Lake leave 30 minutes, Loyal Heights 15 minutes early. Bitter Lake time listed.

North Bound Trips: Ballard leaves 30 minutes early, Loyal Heights leaves 15 minutes early. Bitter Lake time listed.

Vans will only wait for 5 minutes for late people. Registrations begin promptly at 8:00 a.m. Please don't call any earlier. Please do not wear any fragrances as a courtesy to those who have chemical sensitivities.

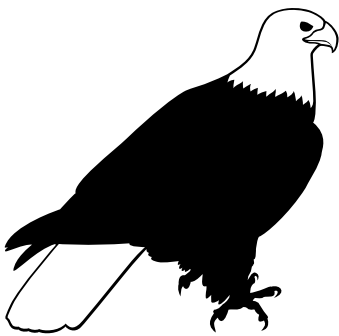
Senior Adult Field Trips

MOHAI & Volunteer Park Conservatory

AMERICA Through The CBS Eye a special touring exhibit of more than 140 photographs of newsmakers and celebrities from the late 1920s to the early 1970s. After we have lunch out, we will be touring the Conservatory at Volunteer Park where there is always something in bloom year round.

Bring with you \$5.00 admission to MOHAI, and an optional \$3.00 donation for the Conservatory. Reg. Dec. 18

Wed, Jan 4 10 a.m. – 3:30 p.m.
Fees: \$5.00 S-Bound



Skagit Eagle Float Tour

Join me, Carol, as I row you down the Skagit River right through the eagle sanctuary between Marblemount and Rockport. I have been guiding these trips for 13 years

and would love to share my knowledge of these majestic birds with you. It is a flat water trip (you will not get splashed), dress warm and wear boots or water resistant shoes. Don't forget the binoculars and camera! A hot lunch is included at the end of the trip. **Make a check out to Alpine Adventures for \$54.00 along with your \$15.00 check to SAAC. Reg. Dec. 20.**

Wed, Jan 18 8 a.m. – 4:30 p.m.
Fees: \$15.00 N-Bound

Country Village & Columbia Winery

Visit many unique and charming stores at Country Village that include: Antiques, Candy, Crafts, Glass Blowing, Art Galleries, Home Decoration, and many restaurants where you can have lunch. Then we will head over to Woodinville for a tour of the Columbia Winery. **Reg. Jan. 11**

Wed, Jan 25 10 a.m. – 4 p.m.
Fees: \$6.00 N-Bound

Trumpeter Swans

The Skagit Valley is one of the best wintering habitats to see Trumpeter Swans. We will be driving the back roads of Mt. Vernon to view these beautiful birds, and where permitted we will stop and try to have a close look. Don't forget your binoculars and cameras. Lunch in Mt. Vernon. **Reg. Jan. 18**

Wed, Feb 1 8:30 a.m. – 3:30 p.m.
Fees: \$10.00 N-Bound

Coast Guard Museum & Seattle Waterfront

See thousands of Coast Guard memorabilia, such as the bell from the steam tug ROOSEVELT, the sextant from the U-boat U-873 captured by the Coast Guard manned USS DURANT during WWII, and part of 'Old Ironsides', USS CONSTITUTION. Then it is off for lunch and fun on the Seattle waterfront where you can visit unique and wonderful stores, or just enjoy the view. **Reg. Jan. 25**

Wed, Feb 8 10 a.m. – 3:30 p.m.
Fees: \$6.50 S-Bound

Brookwood Equestrian Center

We are headed to Lakewood to tour one of the oldest continuously operating riding facilities in the north-west. Enjoy a tour of the facilities, see the horses, and watch a riding demonstration! Lunch on your own in Lakewood. **Reg. Feb. 8**

Wed, Mar 1 9:30 a.m. – 3 p.m.
Fees: \$12.00 S-Bound

Future of Flight Aviation Center

Walk through part of the largest building in the world by volume. See airplanes in various stages of assembly, manufacture and flight test for airlines around the world. Afterwards enjoy browsing through the gift shop, and having lunch. **Bring \$14.00 for admission. Reg. Feb. 9**

Wed, Mar 8 9:30 a.m. – 3 p.m.
Fees: \$6.00 N-Bound



Phone Numbers

Community Centers

Alki	684-7430
Ballard	684-4093
Bitter Lake	684-7524
Delridge	684-7423
Discovery Park	386-4236
Garfield	684-4788
Green Lake	684-0780
Hiawatha	684-7441
Highpoint	684-7422
Jefferson	684-7481
Langston Hughes Performing Arts Center	684-4757
Laurelhurst	684-7529
Loyal Heights	684-4052
Magnolia	386-4235
Meadowbrook	684-7522
Miller	684-4753
Montlake	684-4736
Queen Anne	386-4240
Rainier	386-1919
Rainier Beach	386-1925
Ravenna-Eckstein	684-7534
Sand Point	684-4946
South Park	684-7451
Southwest	684-7438
Van Asselt	386-1921
Yesler	386-1245

Swimming Pools

Ballard	684-4094
Evans	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Queen Anne	386-4282
Rainier Beach	386-1944
Southwest	684-7440
Colman (Summer only)	684-7494
Mounger (Summer only)	684-4708

Libraries

Ballard Library	684-4089
Beacon Hill Library	684-4711
Bookmobile/Mobile Services	684-4713
Broadview Library	684-7519
Capitol Hill Library	684-4715
Central Library	386-4636
Columbia Library	386-1908
Delridge Library	733-9125
Douglass-Truth Library	684-4704
Fremont Library	684-4084
Green Lake Library	684-7547
Greenwood Library	684-4086
High Point Library	684-7454
Lake City Library	684-7518
Madrona Sally Goldmark Library	684-4705
Magnolia Library	386-4225
Montlake Library	684-4720
NewHolly Library	386-1905
North East Library	684-7539
Northgate Temporary Service Site	386-1980
Queen Anne Library	386-4227
Rainier Beach Library	386-1906
Southwest Library	684-7455
University Library	684-4063
Wallingford Library	684-4088
West Seattle Library	684-7444

Neighborhood Service Centers (DON)

Ballard NSC	684-4060
Capitol Hill	684-4574
Central NSC	684-4767
Delridge NSC	684-7416
Downtown NSC	233-8560
Fremont NSC	684-4054
Greater Duwamish NSC	233-2044
Greenwood NSC	684-4096
Lake City NSC	684-7526
Queen Anne/Magnolia NSC	684-4812
Southeast NSC	386-1931
University NSC	684-7542
West Seattle NSC	684-7495

You can make a difference!

The Bitter Lake Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Bitter Lake's Advisory Council is always looking for new members. Meetings are held on the fourth Monday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Bitter Lake Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

All rooms at the Center, including the Gym are available for rental on an availability basis. Rates are reasonable, so schedule your next birthday party, wedding reception, or potluck event with us. For more information, please call 206-684-7524.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.